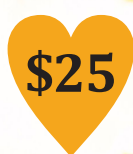




REBECCA'S DREAM WELLNESS CARD

MENTAL HEALTH MONTH ♥ MAY 2016

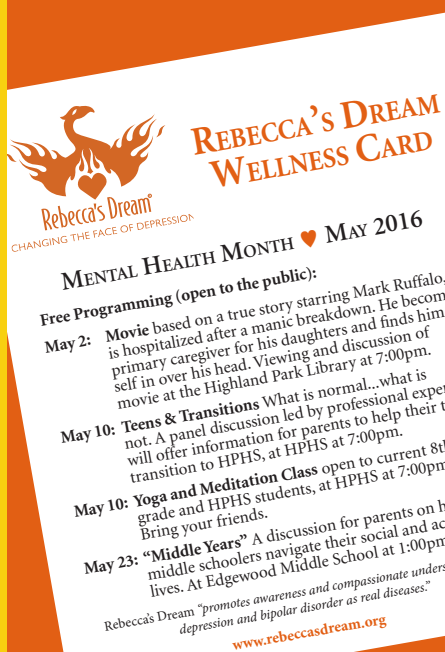


Purchase a Rebecca's Dream Wellness Card for \$25. Receive FREE and DISCOUNTED classes, drinks, food, and services that promote a healthy lifestyle. See the list of participating businesses below.

CARDS AVAILABLE BY CONTACTING
INFO@REBECCASDREAM.ORG
OR 773-42DREAM

IMPROVE YOUR PERSONAL MENTAL HEALTH

EXERCISE LIFESTYLE NUTRITION WELLBEING BALANCE HAPPINESS MEDITATION THERAPY YOGA ACTIVE POSITIVE SUCCESS



Participating Businesses

- Love that Spice
- 2Hot Yoga
- North Suburban Wellness
- Chicago Botanic Gardens
- Fitness Plus, Inc.
- Isaac and Moshie
- Therapeutic Kneads
- North Shore Chinese Medicine
- Recreation Center of Highland Park
- The Bar Method
- Olga's Day Spa
- Puressentials
- Ross's
- The Box
- The Core Method
- Love's Yogurt

Thank you businesses for supporting Rebecca's Dream!